



Ward 8 Parent and Family Resource Centers October 2009 Calendar

Program	Description	Date /Time	Location
Computer Classes and Access	Resume Writing and Intro to Computers	Daily	PFRC 8
	Computer Lab – Labs are open daily from 9:30a-5:00p daily. Call center for late hours.	Various	All PFRCs
Fire Safety and Prevention	Come and join us for a workshop on Fire Prevention and Safety. This is a great and important way to prepare to have a safe holiday season. In partnership with the DC Fire & EMS Department.	Oct. 15 @ 6pm-7pm	PFRC 8
Fit Family	<p>This Program includes:</p> <ul style="list-style-type: none"> • Free, fun nutrition education and exercise classes! • Free 2 year membership to the Boys and Girls Club! • Free healthy meal every week! • Raffles, Prizes, Giveaways and LOTS OF FUN!!! <p>In partnership with Children's National Medical Center.</p>	<p>Every Thurs</p> <p>Oct. 1, 8, 15, 22, 29</p> <p>4:45pm-7:15pm</p>	PFRC 8
"You Really Are What You Eat"	<p>The DCPS Ward 8 Parent & Family Resource Center is partnering with Giant Food to promote health and nutrition for children and families. It's never too early or too late to learn about good nutrition, hygiene and exercise patterns to improve and maintain your family's health!</p> <ul style="list-style-type: none"> • Learn about the food groups in "My Pyramid for Kids" and the best food choices for good health • Participate in interactive demonstrations • Try healthy food samples • Get tips on how to include more health foods in your diets • Receive giveaways 	Oct. 27 @ 6pm-7pm	PFRC 8
Saturday Learning Partnership	<p style="text-align: center;"><u>Are You Smart? Yes, You Are Smart!</u></p> <p>This program reinforces the Math and Literacy Skills of children Pre-K-12th grade. The unique aspect of this program is that parents and children work <i>together</i>. Classes are facilitated by Mrs. Mildred Lockridge, and other highly qualified teachers and veteran instructors. Breakfast is provided. We look forward to providing extra educational support to you and your child!</p>	<p>Every other Saturday</p> <p>Oct. 3, 17, 31 @ 9:30am-11:30am</p>	PFRC 8

Program	Description	Date /Time	Location
Technology & Leadership	Trying to get your teenager involved in more than just watching TV. and talking on the telephone? This program combines computer training and leadership skills for teens (12-18) to help them strengthen their technology skills and leadership potential.	Every Saturday Oct. 10, 17, 24, 31 - 10am-12pm	PFRC 8
30 and Over Basket Ball	Game on! Join other adult men ages 30 and over to exercise (health and fitness awareness), socialize (in a safe environment), and encourage active participation in their children's education.	Every Thursday Oct. 1, 8, 15, 22, 29 - 6:30pm-7:45pm	PFRC 8
School-based activities	Workshops are provided in schools throughout some ward on topics that impact your child's academic achievement.	Call center for updates	Various